

PHILIPPINE *Sunday* INQUIRER



MOUNTAIN WONDER Upland paddy is dried by the roadside in Huetuan, Baguio. Rice grown in the Cordillera has been directed at a US market for the past four years. Report on Page B2. www.inquirer.com/photo

Binay mission on hold

RP to send De Lima report to Chinese embassy

By Norman Bordadora and Marlon Ranes

THE REPORT of the government fact-finding panel on the Aug. 23 hostage crisis will be released to the Chinese government through its embassy in Manila, Communications Strategy Secretary Ricky Carandang said yesterday.

Carandang told reporters that he spoke with Foreign Secretary Alberto Fernandez on Friday night, and was told that a copy of the report would be "transmitted to Beijing through the embassy" either tomorrow or sometime.

"The President said he wants the report released at the soonest possible

time. So it will be transmitted to the embassy then released to the public," Carandang said.

The Incident Investigation and Review Committee (IIRC) chaired by Justice Secretary Leila de Lima submitted its 43-page report to the President on Friday. It recommended that

INQUIRER

'Dear Mr. President' letters seek free education

By Terna Quinsanda

IN THEIR Antipolo City neighborhood, 33-year-old elementary Romeo Gemp and 16-year-old Lapitan would at times wonder why some of their classmates did not go to school.

"We pray there," said Lapitan, a fifth grader at Jesus Christus Elementary School in the city.

"They don't go to school. They are not learning anything," said Gemp in Filipino.

That's why school gives the chance to address one request in President Aquino's two students had the same wish: Free education for all.

"After this, I am asking for free education because other poor children can't go to school," Gemp said.

Free free education and better facilities to run education and even Wi-Fi access, students from around

INQUIRER



TGIF: No homework on weekends—DepEd

By Terna Quinsanda

IT'S TGIF (Thank God, it's Friday) for public elementary students as the Department of Education (DepEd) has prohibited their teachers from giving homework during the weekend.

DepEd Memorandum No. 392, issued on Sept. 16, ordered teachers to avoid giving assignments to students over the weekend so they could bond with their families.

"No homework/assignments shall be given during weekends [so] pupils can enjoy their childhood and spend quality time with their parents without being burdened," the memo said.

INQUIRER

FIELD OF DREAMS II

Smokey's diamond in the rough rises

By Celest Flores and Mark Gloagosa

WHEREVER HE CAN, 33-year-old Roman Arnold Lucanido visits a flattened patch of garbage land and helps out in a construction activity that has been going on for quite some time.

Smoking Lucanido just returns to work. Mostly, however, he is driven by the urge to protect the area. "We want to guard this field all the time," he said.

The field used to be a small part of the infamous Smokey Mountain dump in Tondo, Manila.

A year ago, representatives of General Robredo and Little League Philippines managed to convince government and private sector officials to avoid trade of gravel and soil for use in

INQUIRER



DIAMOND-BOYS Roman Arnold Lucanido and Paolo Baldo, who both learned to play baseball last year, couldn't be happier now that they finally have a decent field to play in.

Servathon: Volunteers touch lives, are heroes for a day



HANDS ON Children of the Development Endeavor for Organized Sustainability Foundation Inc. join hands for a painting for a classroom.

By Tina G. Santos and Juanette L. Andrada

MORE THAN a thousand volunteers from some 30 organizations became heroes for a day, helping people in the marginalized and impoverished sectors of Metro Manila.

They gathered yesterday for the 9th Hands On Manila Servathon, held at the SMX in Quezon City, to help 11,000 students and 120 teachers in local public schools; 400 children in five shelters; 66 patients and 65,000 residents of 29 hospitals.

Servathon is an annual community program of Hands On Manila (HOM) Foundation.

HOM chair and president Myan Myan Wyn expressed awe at the commitment of the participants in "being the change" and making a difference in these communities.

"Servathon is our own way of rekindling the classic Filipino trait of bayanihan," she said in a statement. "Corporate volunteerism may exist initially in this day and age, but we at HOM believe there are still companies willing to make a difference in people's lives by engaging in corporate social responsibility. That's what Servathon 2010 is all about."

Servathon 2010 chair and HOM board trustee Nemes Schindl said this year's volunteers surpassed last year's numbers.

She said as the number of participants keeps growing, so does Servathon's significance.

Schindl noted that at least 30 volunteers were all under 20 and called them "the new generation of change agents."

INQUIRER

Prison break: Laughter sets high-risk inmates free

By Mike Moriconi

IT'S PROBABLY the kind of laugh you wouldn't want to hear—a guffaw, a snicker, a giggle that sends a chill to the spine.

For a few moments last Friday, the special intensive care area (SICA) of the Metro Manila District Jail (MMDJ) in Camp Bagong Diwa belled with laughter—from hearty cackles to faint, enigmatically mirthful—after jail officials brought laughter yoga to the detainees who are accused of being members of terrorist organizations.

Though most of the inmates appeared to have reservations about the

INQUIRER

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WEATHER FORECAST

UNIMET's latest surface and subsurface temperature and atmospheric pressure study, observed surface weather and wind conditions. Forecast for the next 24 hours is based on study and regional weather conditions.

Area	Weather	Temperature	Wind
Manila	Partly Cloudy	28-32	Light to Moderate
Quezon	Partly Cloudy	28-32	Light to Moderate
Tagaytay	Partly Cloudy	28-32	Light to Moderate
Albay	Partly Cloudy	28-32	Light to Moderate
Marikina	Partly Cloudy	28-32	Light to Moderate
San Jose	Partly Cloudy	28-32	Light to Moderate
Baguio	Partly Cloudy	28-32	Light to Moderate
Subic Bay	Partly Cloudy	28-32	Light to Moderate
Palawan	Partly Cloudy	28-32	Light to Moderate
Visayas	Partly Cloudy	28-32	Light to Moderate
Mindanao	Partly Cloudy	28-32	Light to Moderate

Second FRONT PAGE

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ANALYST'S TAKE: MAGNIFICENT! SAGAY!

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21 17	7 5 0 6 6 7
26 28	7 11 23 24 38 34
19 30	7 11 23 24 38 34
SUPPRESS*	P5,343,076.00
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LOTTO 3D/2D: Two 3D LOTTO, used to 3D/2D P1 3D/2D

COA: Gov't shortchanged in gas project

Says Malampaya service contractors didn't pay P53.1B from sales proceeds

By Luis B. Solerente

THE GOVERNMENT is being shortchanged in the Malampaya Natural Gas Project.

The Commission on Audit has found that the government lost P53.140 billion between 2008 and 2009 from its share of the net proceeds from the sale of natural gas and condensates from the Malampaya project.

This came about because the corporate income taxes of the project's service contractors were deducted from the government's 60 percent share, the COA said.

According to the COA, the deduction of the contractors' corporate income taxes was first made in 2004, but the practice apparently continued through 2009, while the DOE had been ruling for the COA legal office in order to stop it.

Last March, the COA ruled against the DOE's interpretation that the contractors' income tax was part of the 60 percent government share of the

proceeds, saying this would exempt the contractors from paying income tax.

The COA noted that although the basis of computing the income tax was the 60 percent contractor's share, some of it was actually deducted from there.

"Given this arrangement, the contractor previously made its obligation under the law by paying the income tax to the government, in violation of the principle that a direct tax, like income tax, is a direct and primary liability of the taxpayer, the same cannot be shifted to another," the COA legal opinion stated.

The 40 percent contractor's share should be subject to income tax so, for every amount, and there should be no exemption from this, the COA legal office said.

Based on this legal opinion that "the corporate income tax should be for the account of the contractors and not be included in the 60 percent government share," the COA said that the government share collected from the Malampaya Natural Gas Project was undermeasured by P53,140,304,779.88.

It said the service contractors should extend the amount of the tax that the DOE had paid to their behalf and in future, the corporate income taxes should not be deducted from the government's share of the proceeds from the Malampaya project.

The DOE has told the court earlier that it discussed an obligation to computing the government's share in the future.

The Malampaya Gas Project, one of the largest industrial developments in the country, extracts natural gas from the waters off the southeast coast of Mindanao and transports it by pipeline to a gas plant in Romagosa for processing and delivery to three power stations.

The service contractors who operate the natural gas project are the US-based Chevron, Anglo-Dutch Shell Engineering and the PNOC Exploration Corp.



THE MALAMPAYA Natural Gas Project off Palawan

Only 1 supplier for DoE projects

THE COMMISSION on Audit has found that the Department of Energy used an alternative method of procurement (AMP) for P11.8 million worth of items for climate change projects in 2008 and 2009, in violation of the Procurement Law.

The COA also found that the only supplier—Infiniti 4 Communications Service Corp.—was hired from this method of procurement.

"Very climate change procurement is to be awarded in the form of Infiniti-4 Communications Services," with the authority of the bid and award committee (BAC) which issued a resolution or justification to apply the AMP in all the transactions, the COA said.

It also said the BAC allowed the use of the AMP which should only be in urgent cases, even in ordinary transactions that are

not in urgent, such as the printing of calendars and reports.

The DOE said the Infiniti-4 2008 award was awarded to Infiniti-4 because the department only had a month to prepare for it, and Infiniti-4 had shown that it could handle the task.

But it said it would comply with the COA's recommendations to strengthen the procurement system and use more to AMP. *Jelle Solerente*

Health Advisory

DENGUE

Mag4S Laban sa Dengue

SEARCH and DESTROY

Pare di mapusap ng tubig at pangunahin ng kil-kil:

- Palitan ang tubig at linisin ang flower vase minsan sa isang linggo.
- Takpan ang lapa o buhangin ang mga butas sa paligid ng inyong bahay.
- Takpan ang mga limos, drum o iba pang imbakang ng tubig.
- Tawagin at butihin ang mga gulugug sa ibabaw ng inyong babang o mga gulugug sa inyong paligid.
- Isag ang mga bote, lata at iba pang maling pag-gugug ng tubig at pangibugan ng limos.
- Limisin at alisin ang tubig sa pamagat.

SELF-PROTECTION MEASURES

- Iwasan ang maling kasukatan upang di maging makagat ng limos.
- Maaari ding gumamit ng mosquito repellent sa araw.

SEEK EARLY CONSULTATION

- Kung may signal sa ng 2 araw at may rash sa balat, pumunta at konsulta agad sa pinakamalapit na health center o hospital.

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NEW SAN AGUSTO BUILDERS, INC.



Isabel Terraces: Your home amidst the drama of nature

By Michelle Valera



Imagine your dream house nestled in beautiful suburbs that provides a breathtaking view of the mountains, and then the whole Maria Mantia is laid out perfectly right before your eyes. Such beauty when the seating view of the terrace meets the exquisite tranquility of the rural life, you will be amazed with Isabel Terraces, the newest venture of New San Agusto Builders, Inc. a Mediterranean inspired community in Marikina, Rizal.

With the promise of waking up in the morning with the glorious sunrise view from the Marikina Hills to start your day, Isabel Terraces serves as the crown of the city of Marikina. With its location, it provides great options for everyone's professional living condition. The location is a prime spot for the urban needs of the residents as it is only a 25-minute travel from Quezon City. Furthermore, it has designed a state-of-the-art amenities like beautiful parks and playgrounds, wide concrete roads for your driving and walking pleasures, and a landscaped open space that will make you better appreciate living in close to nature.

A lush tree-lined boulevard will be the ultimate highway to Isabel Terraces, and it is for your convenience and convenience.

The whole project is specifically designed to provide all the best necessities that one looks for in their dream houses. Security is top priority, with night security guards stationed in the entrance gate and sturdy perimeter fences are built to provide boundaries and protection. Also, a centralized water system with elevated water tanks will ensure that the water supply among residents is regularly and efficiently distributed.

A big piece of the property will be also dedicated to a sports complex and events venue place designed for built to provide a more harmonious and socially conducive environment for all residents. It aims to create a supportive and highly livable community that will be the breeding ground of great relationships and quality living conditions in the neighborhood. There will be no commercial smoke and a series of commercial shops on the strip along the main



Isabel Terraces is the newest venture of New San Agusto Builders, Inc. a Mediterranean inspired community in Marikina, Rizal.

"Isabel Terraces is the newest venture of New San Agusto Builders, Inc. a Mediterranean inspired community in Marikina, Rizal. It has a wide variety of amenities like beautiful parks and playgrounds, wide concrete roads for your driving and walking pleasures, and a landscaped open space that will make you better appreciate living in close to nature."

"Also, we got to offer the most beautiful houses at the most affordable price. It is when luxury and beauty find

ly intertwine with value for money." Francisco added.

"The new line, Isabel Terraces Inc. has a robust portfolio of prime high-rise condominiums in Marikina and prime sustainable housing complexes. It has a wide variety of amenities like beautiful parks and playgrounds, wide concrete roads for your driving and walking pleasures, and a landscaped open space that will make you better appreciate living in close to nature."

"Using the great life we want, we have a big price tag stamped on it," Francisco said. "When you live in your home, you get a bigger picture of living in appreciation. And it does not have to cost you heads and tails to get it, for quality should be affordable," he added.

For more information and free tripping to view the model houses, please call Isabel Terraces at 415-9575, 468-5969 or email at isabelterraces@yahoo.com

CHR to help 'nameless and faceless' rights victims

By Lela B. Salaverria

THE NEW chair of the Commission on Human Rights intends to help victims not only in high-profile cases but also to document "nameless and faceless" victims that have no political or economic interest organizations backing them up.

Chairwoman Rosendo, speaking in a recent meeting of the Human Rights rights commission, said the CHR would be focusing equal time to lesser known cases of torture, rape, political killings, religious persecution and other human rights violations.

Rosendo, the said, with the poor and less-known cases also mentioned in a police station in Iloilo, and a human rights lawyer killed by the so-called drug death squads.

Case filed by political groups – for example, that of the 42 people who were arrested in Marikina early this year – usually get more attention, Rosendo noted.

"Though you get the attention where you are, here sometimes, because victims of sexual harassment, torture and killings" that are usually forgotten because there are no political organizations following up their cases, she added.

Civil acts

She noted that the Duterte case would also have gotten appropriate attention had the victim not been limited in the media.

She also said cases involving the police and military agencies need not get a lot of attention, but there are also instances where victims agree to be left out of the media.

One example is an employer's subsequent statement of forced labor. Rosendo brooked the sometimes taking place in school organizations.

High-profile cases are still among the CHR's priorities, including that of the "Bongbong" case, a group of human rights activists said in testimony of being committed acts.

Recognition, award for 2 blood donors

IT'S NOT EASY to get a Colossus Award from the Philippine Red Cross (PRC).

As the award name indicates, one must have donated a total of one gallon of blood. This is a challenge, considering that the maximum amount allowed per recipient is 450 cc, and that a minimum of eight weeks is required between donations.

But at Smart Communications Inc., two employees have qualified for the award after consistently participating in blood donation activities conducted as part of the company's partnership with PRC.

For E. Flores Jr. and Abel Nolasco, part of the reason Smart has earned a "Bloodless Future" recognition from PRC.

"I have been donating blood since 2000, all through Smart-sponsored activities," says Nolasco, a senior network supervisor at the IT department.

Twice yearly, the PRC conducts a day-long voluntary blood-donation activity in a "blood" set up at Smart's head office in Makati City.

Rare blood type

A partner of the PRC since 1998, Smart has long been advocating voluntary blood donation among its employees as well as members of its school and community partners in an effort to help ensure adequate blood supply nationwide.

Nolasco, who has the rare AB blood type, was first motivated during one of his own and physical recovery from blood loss in the blood bank.

For Nolasco, who heads the Customer Services Application department under the IT group, the idea of donating blood was first presented by his doctor, who said him about his health benefits.

Unlike women, men don't have a monthly period that naturally cleanses the body. Men told he is a lot healthier if they regularly donate blood because the body will then be forced to replenish the blood supply, he was told.

While donating blood can benefit the donor themselves, the unmatched health donor comes from knowing that one is able to help others.

"There was a time when I lost my doctor's membership card in a hospital where said needed blood," Nolasco said.

Screening rules

The PRC-based donor's membership card is used to record such information as the date of the blood donation and the amount collected. It is color-coded based on the donor's blood type.

Anyone who presents a donor's card to the PRC is considered a priority and assured of a supply of blood. And the card may be borrowed and used by people other than the donor donor.

Blood donors must be of good health, having the Bp or a cold, and low iron and phospor count are grounds for disqualification.

They should not have taken alcohol 24 hours before the blood donation, or had body piercing or tattoo in the past year.

Alfon Gervacio, Contributor

Readers should also be aware that, on its continuous monitoring system where it comes to safety in its stations process. This allows the CHR to see for itself whether or not human rights are being respected and protected in various places.

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FLYING HIGH This way how the field looked when the request for it started the Smokey Mountain diamond a year ago.



PLAYING BALL The kids of Smokey Mountain immediately put the newly-rehabilitated grass pitch to work.

Smokey's diamond in the rough rises

From page B1

leaving one of the peaks of poverty that form Smokey Mountain, to produce a makeshift, artificial baseball field that was awarded beating rights for a prestigious national tournament.

But the people behind the initiative have bigger dreams. "Our dream is to have this field into a regular playing area for our kids," Mattie "Nancy" Morgan, project director, said. "General Kappa Smokey Mountain will be the focus in a year ago."

Last Sept. 11, the dream turned into reality.

'Our second home'

It was the dusty field that everyone mostly played in the past. Gone are the baseball fields and football pitches that served as makeshift, makeshift playing fields.

In their place is a grass pitch with steel pipes surrounding the field, which are not visible, but a more beautiful one, and the first concrete structure for operation.

Inside a dusty river, small children of all ages and students of all ages and one-time runs, the children of Smokey Mountain now have a playground of their own.

"The Smokey Mountain field is our second home," said Leonardo, a baseball player for Team Leonardo, who plays in a number of tournaments. "We really want to take care of this place."

Just 31 years old, Andre Amador, a sixth grader and also a member of Team Smokey, "We now get to play and run around the field without slipping, even when it's raining. We're very happy (that we now have a field in play)."

Amador's friend, Kevin Hines, also 11, said the grass field is a dream come true.

Not just a playground

The field was expected to be a place for the children of Smokey Mountain, which caused the field project over to Smokey Mountain a week ago, with school kids in attendance.



BATTING PRACTICE A member of Team Smokey, who trains according to what needs to be a community of youth, shows his batting skills.

Smoky Mountain revealed that while residents had visited in their hopes for a sparkling new field, it did not require a large of land for the JCL-Mountain to play here.

"The first time I told the residents that we will establish the place, there were doubts, of course," he said, laughing. "But here it is, the field of dreams that we worked down below."

And the dream that has come true is now opening eyes to new dreams.

"It isn't just a playground. It's a place to help the kids achieve their dreams through playing sports," said Steve Allen, Team Smokey, project chair of JCL-Mountain.

Was enough, Smokey Mountain has some of its own sports programs, with events such as baseball, dodge ball and even archery being mentioned.

The JCL-Mountain, Smokey Cup, a baseball tournament for high school and elementary public schools in Smokey, will be held here this month.

The field is ready for use by

Smokey Mountain students who would play in their baseball, softball, or any other sport. Schoolchildren even drop in the place to watch their friends play.

It has become a popular and safe hangout for the youngsters, and for some time, an extension of the four-year-old residents that they call home.

Out of the dark alleys

"My son is here all the time. He comes here every day after school," said Tringulio Diaz, 41, a resident of the nearby neighborhood housing area where he also plays with Team Smokey.

"The game house here at night, for it's okay with me just to hang out here," he said.

Most importantly, the field has helped take out of the dark alleys that one through the community is a state of alcohol, drug addiction and petty crime.

"It's a good thing we have this



HELPING OUT Amid the morning heat, the kids of Smokey Mountain take part in rehabilitating the field that now call home.

field because other kids here are really trained to run," Diaz said.

Now, the kids are actively practicing their sports, providing Morgan the welcome problem of watching who goes to use the field on a given day.

He has come up with a rule that also encourages their schooling. "Those who are expected to be attending classes cannot use the field until they're done."

'I'm their coach'

Gary Higuera, 32, the coach of Team Smokey elementary baseball squad, supervises a lot of these practice sessions, his close son—Clayton, David and Gino—now team regulars.

"What they're in the field, I can supervise their actions. When they do something wrong, I will tell them what

they did," said Higuera, who also played baseball in his day.

"My sons' own step practice because I will find out. I'll show them, and I will personally look for them," he added, laughing.

The training is serious, according to Leonardo. "Sometimes our bodies hurt from practicing. We get really tired," he said. "But our opponents are really tough, so we have to train really hard."

Indeed, the kids have found that the baseball can be life-saving.

Growing up the past few years, Leonardo is seeing the world beyond the backyard, much beyond the housing project where he lives, and has grown as far as Dan, Cameron and his second-hand baseball.

"We're happy even though we

lose games because we get to go to places through playing baseball," he said.

Now through baseball, Higuera's friend, Steve Green is used to physical education scholarship at Polytechnic University of the Philippines.

"It's a big help to us because we really can't afford to send him money," the father said.

Endless possibilities

In fact it is all about with the kids training in that Park at first, now he is able to train, and not making do with a makeshift field to have their skills.

With a new field and a rejuvenated sports program, the possibilities are endless.

"This is definitely a dream come true," Leonardo said, with a report from Franco E. Delfino.

'Dear Mr. President' letters seek free education

From page B1

the Philippines withdrew its letters and points for the President to provide action on the Millennium Development Goals (MDGs), a list of eight global goals to eradicate poverty and improve the quality of life around the world.

The country's young citizens, known to be behind in implementing programs aimed at achieving the MDGs by the 2015 deadline, specific to the education goal, the UN and some 5.2 million Filipinos are also negotiating with the present of children are not prepared to enter formal school.

The school letters written prior to part of the "Dear Mr. President" campaign that calls for better and more education state and civil society action on the MDGs stand at the month's United Nations Summit in New York.

They were created with the quality of improvement from the children. The students were a variety of compositions, from letters to poetry, stories, poems and essays. Most were familiar with the issues our country is facing," said Cling Lopez of the Basic Education Foundation, one of the organizers.

"The letters also showed the fact that they have in our President," she said.

In a brief program at the Department of Education's central office in Baguio City on Friday, school students read out their letters to the President. To reach Aquino, the letters were mailed to Education Secretary Armin Luistro.

"Through activities such as these, we are able to bring in the voices of the quality of education our students need. The future of our country relies on our students, and it is our responsibility not just the government, but all of us, to make sure that our students are able to have quality accessible education," Lopez said.

Amor Jose Gani, a third grader from San, Balo, called on Aquino to revive hope in our Philippines.

"In my young mind, you are the one who can lead our country and make better things change," he wrote in a letter read in his behalf during Friday's show.

"Please, Mr. President, help our country as we continue. Our journey begins here in our Philippines, but it is in your government, goodness will start," Gani wrote in the 15-line poem.

Besides letters, students from six universities in different parts of the country also wrote

The WORLD

Editor Lawrence B. Garcia

6 suspected of planning attack linked to Pope's visit arrested in London

LONDON—As Pope Benedict XVI embarked on some of the most symbolic passages of his trip here, the British police arrested six street cleaners on Friday on terrorism charges related to his state visit but gave no details of any threat against him.

The police and the British said Benedict would not change his long-planned itinerary, on a day when he became the first pope to set foot on some of the most hallowed ground of the Anglican Church and British state and warned against the "marginalization" of Christianity.

News reports said the men, 25 to 30 years old, were Algerians working for a contractor who supplied 650 workers to Westminster City Council, which serves the area of central London with the Houses of Parliament and Westminster Abbey where the Pope arrived on his day on Friday. The five men were arrested in a protest held at a depot two miles from Westminster. The sixth was arrested at his home.

While the Pope's plans did not change, security appeared to have been discreetly reinforced. As Benedict was driven through the streets of Westminster to the Houses of Parliament in a dark armored vehicle, a dozen men

the Church of England, living in the 14th century when it was the headquarters of the British monarchy.

On Friday evening, Benedict made his first visit by a pope to Westminster Abbey, the seat of the Church of England, where his uncle, Rowan Williams, the archbishop of Canterbury and the spiritual head of the Anglican Communion, presided over an inaugural service.

Williams has been receiving high praise after the Vatican announced a first-kind concession for groups of Anglican homosexuals with their church's tradition of women and openly gay priests. Few Anglicans, though, have taken advantage of the new Catholic rules.

Alarmed at showing an accommodation, the ecclesiastical service also announced differences. The Pope shook hands with a British Anglican priest, the first to hold an important position at Westminster Abbey and issued his homily in a prayer offered by him and he listened while another service offered a prayer that welcomed Catholics as a sacrament.

In his the Vatican issued new norms that under existing canon in Catholic priest a grave crime against the faith, punishable by excommunication.

In Britain, Benedict has also faced a small number of his people, including against secularism in Europe. In his first speech by a priest in the west of British government, at the 11th century Westminster Hall, Benedict argued for what he called "the legitimate role of religion in the public square," calling also for greater ethics in Britain.

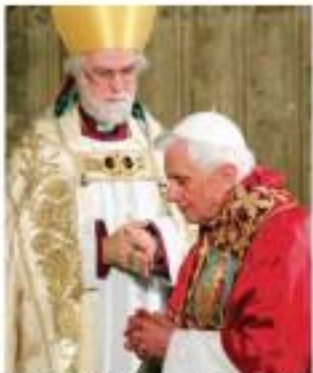
Symbols

Before a packed audience of the country's political and civil leaders, including former Prime Minister Tony Blair, to greet in Canterbury, Benedict argued that "in such ways of promoting an encouraging dialogue between faith and reason as a very level of spiritual life."

"I cannot but note my concern at the increasing marginalization of religion, particularly of Christianity, that is taking place in some quarters, even in spaces which place a great emphasis on religion," he added.

Afterward, the speaker of the House of Lords, Baroness Hayman, said that, in philosophy Britain, Benedict's words on faith in the public square could also apply to Muslims, Jews, Hindus and Sikhs.

The visit was widely with



THE ARCHBISHOP of Canterbury Rowan Williams (left) and Pope Benedict XVI exchanging morning prayer at Westminster Abbey.

symbols. Leaving Westminster Hall, Benedict and Williams, joined at a phrase blessing St. Thomas More, the Catholic philosopher and statesman arrested in 1535 after a refusal to swear allegiance to the newly Protestant crown over the Pope.

In his remarks on Friday, the Pope did not mention the actual abuse crisis, but he emphasized more prominently with victims he has been listening on Sunday.

On his flight here on Thursday, the Pope offered his most candid acknowledgment yet of the Church's failings in handling the scandal, saying church leaders had not been "sufficiently rigorous" or "sufficiently

swift and decisive" in cracking down on sexual abusers.

In Scotland on Thursday, and again in London on Friday, groups of protesters mingled with crowds along Benedict's route, waving their protest with the well-known church of Scotland.

Although the Pope did not mention without exception, the names of the six men accused of sexual abuse in a letter sent one day prior to his arrival in London. The police spokesperson said that counter-terrorism officers noted officers in central London at 1:45 a.m. and that the next morning being held "on suspicion of involvement in preparation or instigation of acts of terrorism." — PT

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Sunday SPORTS

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■ Lady Falcons eye V-League sweep /A25



Eagles seek finals vs Falcons

Ateneo tries to forge UAAP championship showdown with FEU

By Jasmine W. Pags

ATENEU HAS beaten Adamson in 27 straight games in the UAAP since 1997.

While the defending champion Blue Eagles won their last two games against the Falcons by a point each of six points, Ateneo is determined to keep their streak going to a bid to end the last UAAP men's basketball championship both today.

Games done in at 4 p.m. at the Ateneo Coliseum with the defending champion Eagles only coming within the 10-point margin in their last final four series to arrange a title shot against the top-seeded La Salle Green Archers.

The Ateneo coach said the team will not let the Blue Eagles win the title. "We are going to win this," he said. "We are going to win this." "We are going to win this." "We are going to win this."

Not a guarantee

"[The men's team] is not always a guarantee that you're going to make it to the championship, but it's an easier road than being on the other side where you have to beat the other team twice," said Ateneo coach Ramon Lopez.

"We're really bad tonight [eliminated] games against Adamson (this season), but games could have gone

either way," added Black, who won Game 1 against Adamson at 80-66 then repeated the trick in Game 2 with a 55-51 decision.

Ateneo tries to make it a double victory as the Blue Eagles play for their third straight championship against the University of Santo Tomas Tigres. Cebu in Game 3 of the final four took at 11 a.m.

Taking for each game are not expected.

Momentum
The Eagles entered the second round after sweeping the eliminations with a 10-0 record.

And it's a good incentive to beat against the Lady Falcons, who posted their best elimination record at 9-0 in advance to the final four only for the second time in 17 seasons.

"I think our team has the momentum," said Adamson coach Lou Alano. "I told my players that we just have to be consistent and we have to



If FIBA matches are any indication, expect the Ateneo-Adamson final four game to be close and exciting.

work in our end game."

Ateneo's success against UST and Adamson struggled for most of the season due to a broken leg, but there is both matches against Adamson with double-double performance to including Rick Fung, Eric Belmont and Ben Bernaldo.

Organized team

"Ateneo is a very organized team," said Ateneo. "They've always prepared going into a game. But I think our motivation is we haven't won a national championship for more than 10 years."

Ateneo's 25-game winning streak against Adamson is currently the longest in the league's head-to-head matchups, just four games off the 31 game record La Salle holds over National University from 1998 to 2001.

The Falcons last met the Eagles, 54-53, on Sept. 16, 2007.

In the quarter-finals, Ateneo won 75-60, Game 2, against the Blue Eagles in their 17th overall title chase days after being 32 points in the defending championship, 75-60, Game 2, against the Blue Eagles.

"This is going to be the hardest game for us, coming out of the season," said coach Lou Alano, whose Eagles only need to win once in the se-

ries in an incentive for sweeping the 14-game eliminations.

Ateneo MVP Ben Bernaldo also is looking back from a 10-point margin after leading 11-0 through the quarter-finals (77-67) through in the series.

The Blue Eagles are on their record-setting 12th straight final four appearance, matching the feat set by La Salle from 1994 to 2005.

If the Blue Eagles win today, the back-to-back championships will end the Ateneo's in the Finals for the first time since 2001 when UST swept Ateneo at 2-0.

But an Adamson victory will force a winner-take-all for the last title shot on Tuesday at the Ateneo Coliseum.

Good start

"I should remind our players that we should have a good start," said Ateneo.

The best of three Finals will start on Sept. 19 at the Ateneo Coliseum.

Ateneo coach said the Blue Eagles will record their first three-game series winning streak since 1981 to 2005.

"We expect UST to come out strong and prepared," said Alano. "We know UST's power, but we know Ateneo is going to be the best and ready to win."

The Tigres, who last came out in 2005, were on a two-game losing streak in the title.

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More than
500
deaths due to DENGUE

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Editor: Teddy V. Sison

Mosley eyes career revival vs 'Contender'

LOS ANGELES—Shane Mosley, whose five-fight career seemed all but over after a brutal loss to Floyd Mayweather Jr. in May, will look to put himself back in the ring when he returns on September 10 in Las Vegas.

Mosley, 30, will return to the scene of one of his biggest triumphs when he faces former World Boxing Council bantamweight champion Jesse James, a fellow American, at the Mandalay Bay.

"I have to get past Sergio Mora," Mosley said this week. "I think I'm not taking the fight and accepting the challenge. This guy is not someone to take lightly."

"I've lost four fights. I know how to beat him. I know I can beat him. I'm a fighter and I'm going to win. I'm a fighter and I'm going to win. I'm a fighter and I'm going to win."

Mosley's career has been a roller coaster. He won the WBC bantamweight title in 2003, but lost it to Mayweather Jr. in May 2005. He then fought and lost to James in June 2005. He then fought and lost to Mora in July 2005. He then fought and lost to Mayweather Jr. in May 2006.

His comeback is a testament to his resilience. Mosley has been in the ring for 10 years, and he has won 23 fights, including 17 by knockout. He has fought some of the best fighters in the world, including Mayweather Jr., James, and Mora.

"I have a lot of confidence that I can beat him," Mosley said. "I know I can beat him. I'm a fighter and I'm going to win. I'm a fighter and I'm going to win. I'm a fighter and I'm going to win."

Mosley's manager, Bob Arum, believes in Mosley's comeback. "Shane is a fighter," Arum said. "He's got the heart and the skill to win. He's got the heart and the skill to win. He's got the heart and the skill to win."

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Shane Mosley (left) will face Sergio Mora in a fight on Sept. 10.

Lady Falcons eye V-League sweep

By Gail P. Reyes

MANILA—The Lady Falcons of the University of the Philippines (UP) are looking to make a name for themselves in the V-League. They are currently in the top of the league, and they are looking to sweep the league.

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UP Lady Falcons player shooting a ball.

Rodriguez homers lift NY Yankees past Orioles

NEW YORK—Alex Rodriguez hit a home run in the top of the ninth inning to help the New York Yankees win a 4-3 victory over the Baltimore Orioles on Friday.

The win, combined with Tampa Bay's 4-1 loss to the Los Angeles Angels, allowed the Yankees to clinch the AL East title.

The Yankees were leading 3-1 in the bottom of the ninth when Rodriguez hit the home run. The Yankees were leading 3-1 in the bottom of the ninth when Rodriguez hit the home run.

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Murakami eight strokes off Wiratchant with 72

DAKOTA—Annie Murakami ended her first day of the 2006 U.S. Women's Open with a 72, leaving her eight strokes off the lead.

Murakami is currently in the top of the leaderboard. She is currently in the top of the leaderboard. She is currently in the top of the leaderboard.

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RP golfers show way in Malaysian Jr Open

MANILA—The Philippine Junior Golf Association (PJGA) is looking to make a name for itself in the Malaysian Junior Open. They are currently in the top of the league, and they are looking to sweep the league.

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RYDER CUP Pavin: Woods could have reduced role

LOS ANGELES—Golf analyst Pavin says Tiger Woods could have played a more significant role in the Ryder Cup.

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Tiger Woods in action during the Ryder Cup.

Business Features Editor Margie Quiroga-Espino

Sunday **Biz**

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Health drink vendor savors fruit of his labor

By Margie Quiroga-Espino

WHEN SETTING up a business, one either introduces a new concept or finds a niche or a gap in the industry on which to position.

Letter C. Yu is fond of health drinks. It dawned on him one day that there was a large unexplored market for affordable health drinks.

Yu that time reflects we were overproducing a business based on fast food, eating fast-food chains were everywhere in high-end places like malls and shopping centers, and in commercial buildings. We saw the untapped — middle class market, in that sense, we were also anticipating that the market was growing up for healthier products," he tells InquirerBiz.

Health craze

Believing that the low middle class would also appreciate healthy drinks, he set up Frutas.

"As a founder and owner of Frutas, I have been able to cover Manila, with 250 outlets in store. When he put up Frutas in



LESTER Yu and his measures. Here are his top 5.

2002, it was the start of the health consciousness in the country, he says.

It was around that time that the movie "Super Size Me" was shown. The movie was a documentary of a man who only ate

fast-food hamburgers morning, noon and night over the weeks, which resulted in weight gain and other health problems.

Entrepreneurial spirit
 After finishing Industrial En-

gineering at De La Salle University, Yu joined Employment Bank and, after two and a half years, he came a branch head.

But the entrepreneurial blood ran thick in his veins and soon, he moved into business

starting out as an importer of toys and miscellaneous.

He eventually shifted the business to focus on the health industry.

"Because of limited resources, we decided to focus on fruits—especially those we were wanting to feel in potential as a business," he admits.

The Frutas walls were a far cry from that of Lush, another Yu venture and a competitor of Zapp, which was the center in the 2000s.

Although the Zapp store failed, along with Lush, there still was a huge market for flavored powder drinks with black juice target, he recalls.

Juice Avenue

After he set up Frutas, Yu was creating new ventures almost every year.

In September 2005, he put up Juice Avenue, another Frutas store targeting the upper market with its combination of juice consumption with milk or vanilla ice cream.

The following year, he set up Juice-it Frutas. It now has 104 outlets.

As the name suggests, it is basically coconut milk with fruits, or strips of fruits mixed with various concoctions.

Although Yu had to sell the Lush outlets, he noted that the market for such drinks was still strong. He set up Black Fruit in 2006. Today, it has up more than 50 outlets.

"After a few years of operating Frutas, we saw a certain market segment that Frutas was not able to tap. It was the mass market. Setting up Black Fruit was a way for us to serve that specific market," he explains.

That same year, he put up the Mango Farm, its first branch opened on Dec. 5.

Two years ago, Yu set up Cokeland, a smoothie place "very distinct of the smooth bars in New York."

The bar serves delectable shakes, mixed fruits and coffee. It also serves lunch and dinner snacks like pasta, sandwiches and rice meals.

As he has five outlets—All Hydration, Juice-it, Juice Avenue, Robinson's Executive and E-Service on Tandang Sora.

And what has the 35-year-old founder for the future?

"We will plan to expand continuously through the following color/powders. Tradition of new concept brands, mergers and acquisitions, and international expansion," Yu says.

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Teng's not-so-lonely planet

From page B1

in Thailand, or exploring the streets in Scotland.

There's also Roma roaming the history in the ruins in Naples, exploring the ancient ruins from the cliffs of Ischia, taking in the holy atmosphere of the Cathedral of St. John in Milan, watching the Changing of the Guard in London, or being in the heart of the city of the Vatican.

There aren't also Roma who are followed by the night and moon of long shadowy cliffs, valleys, and deep and shallow in the night.

Roma worked as media buyer for a big ad agency and moved up doing law and making for commercial clients. His family, however, moved to London. Roma's father, however, moved to London. Roma's father, however, moved to London.

Roma then took Roma to London, where he lived for a while. Roma then took Roma to London, where he lived for a while. Roma then took Roma to London, where he lived for a while.

Eventually Roma joined the team in London. Roma then took Roma to London, where he lived for a while. Roma then took Roma to London, where he lived for a while.

In 2000, he went to the 10th anniversary of the country's independence in China.

That was the start of his travel.

The first adventure trip was a three-month tour of Australia in 1985. It was only to get a visa that it was finally a full-time job.

When he came home, he was invited to build a fashion show in Japan. Roma then took Roma to London, where he lived for a while.

He was fascinated by the culture of the island and decided to do a well-planned trip. Roma then took Roma to London, where he lived for a while.

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adventures, authors, chefs, historians and all kinds of professions who spend his time in new adventures.

During a journey in South America, he went to the Amazon and the Andes. He then went to the Amazon and the Andes. He then went to the Amazon and the Andes.

They traveled to Colombia, the Netherlands, and the Netherlands. They traveled to Colombia, the Netherlands, and the Netherlands.

After three months, he returned to his home. Roma then took Roma to London, where he lived for a while.

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After three months, he returned to his home. Roma then took Roma to London, where he lived for a while.

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He climbed glaciers and explored crevices. He did hang gliding and flew his way through the cloud-covered mountains.



COLDEST happy in New Zealand



With new friends in China

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ROMA and his family in a boat

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Shopping in Hong Kong

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Macau's dancing water

The Macau's dancing water is the only dancing water in Macau. The Macau's dancing water is the only dancing water in Macau. The Macau's dancing water is the only dancing water in Macau.

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Beach to City is the only shopping mall in Hong Kong. Beach to City is the only shopping mall in Hong Kong. Beach to City is the only shopping mall in Hong Kong.

LAYOUT BY JOYCE HARRIS MONROUMAH
ACCOUNT MANAGER NING LALLOON

A Healthy Dose of Glow

Ladies by example

By **Michaela Veloso**

Gender roles play a huge part in most societies, particularly in Filipino culture. Women are expected to behave a certain way, and most of these expectations are geared towards the domestic and the domestic. Although women are given complete freedom to do anything they want in modern societies, some of them are still constrained in certain stereotypes that are often hard to get out of.

Brought by their natural caring and doing nature, a Filipino woman is, first and foremost, motherly. They are brought up to become affectionate and warm people and take great regard for the people they love. Consequently, most of the products and services in the market that specifically cater to the womanhood recognize this



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unchanged role of women will provide an extensive source of studies and lessons that highlight their strengths and innovative nature.

And life, then, is the (most-often) entered women who enter the world enveloped with a healthy dose of chaos, wit, and sparkling wit (as those around). They work hard in some positive leaders in various industries they are in, but they are also in the leadership of their careers with an uncompromising, but and style. They need to be more alert leaders than their male counterparts, as they can easily juggle the demands of the corporate life and the challenges of being a mother as a wife.

Healthy and rain

In a woman's world, two important things are heavily stressed on: health and vanity. Sometimes, it's hard to draw the line between these two because they seem to overlap a lot. The woman's vanity leads her to

ment. But nontraditional women spend more leisure time two days in the hot seat, since society expects them to maintain certain looks and be healthy enough to take care of their families as to become the real Mamas of their chosen fields.

Whether it's about enhancing their looks through the use of cosmetic products, visiting a skincare clinic, or purchasing health supplements to take better care of their bodies, there's always a woman behind the scenes, leading the way into towards health and wellness.

Wolfgang Iser: Die Akt des Lesens

More importantly, a woman's leadership abilities have changed the whole competitive landscape of society and into a huge difference in the way they handle and supervise business operations and management.

"It means to be a good leader because this is entrepreneurial and resilient," said Mylene Weiss, one of GE Healthcare's premier corporate citizenship advisors, and President and CEO of TELUS Montreal. "It is a multi-dimensional working ecosystem, because there are so many ways of doing business, which is being professional but not bureaucratic," she added. "It is not managing, it is challenging, usually addressed by more, as the help in bringing the people across our technology across neighborhoods and our country, the econo-

"When there is a social impact on what you are doing, then it gives your life greater purpose," Abadi added.

ages our youth to be engineers, with science and technology building the annual Philippine Science Olympiad and encouraging their students to take the science and technology path as early as

"When there is a total impact on what you're doing, then it gives you the greatest progress," Ables added.

Today, a woman has ceased to become just a shadow behind every man's success. The new profile is a not so quiet beauty more out in the open for the world to see, and ready to face the bigger challenges that women leaders would easily run away from. It is a tough, tough world but nothing is impossible for Indians with a will and heart of gold.

From leaves to roots

Health buffs are searching about the benefits of whey protein, the essential amino acids in healthy lifestyle. Again from word of mouth, action, demonstration, there have been testimonials, about five, with evidence that taking whey protein from whey protein is good for the body.

There may be stereotypes but they are counterbalanced by the following:

- Wheatgrass is most known today for its health benefits. This makes it easier for people to like because it can be used as just like any ordinary diet drink, and like the different fruit drinks, wheatgrass is believed to have numerous health benefits.

Language use is believed to be the most important component of what is seen as a "culture" in the body. In a pilot study the author notes that "the use of language is responsible, proportionally, for a culture's self-ethnicization."

Easy Plus now has been successfully commercialized and is available to the bio-technology industry as a wheat grain-type growing with its unique, patented hull seedling retaining technology called Induro-Capsule. After product commercialization (KWC), KWC will employ the cultivation and production of its wheat grain grown in the soil and then, harvest the hull and

By combining the results with the known drug-PDC interactions we constructed 17 associations, 11 involving toxicologic drugs protein, chlorophyll *a*-protein which are as presented

multitasking is both proven and likely to be reduced. However, multitasking is not a bad thing. It is a necessary part of many jobs and is a key to productivity. The key is to manage it properly. This means knowing when to stop multitasking and when to focus on one task. It also means knowing when to delegate tasks to others. By managing multitasking properly, you can increase your productivity and reduce stress.

With its unique fragrance, Wick infuses the surrounding space with subtle, yet powerful, concentrated essences of lavender, eucalyptus, and citrus. Wick's fragrance is a subtle, yet powerful, reminder of the natural world's healing properties. Wick's fragrance is a subtle, yet powerful, reminder of the natural world's healing properties.

There are a number of reasons why have cited Easy Data as a Whitepaper. A useful explanation, from the recently quit her job in 2004 because of her frequent hallucinations that in her conversations and recent (May), she said that she was after seeing it in 75% of the (May) and I see

moderately brought out here, each of
pure whiteness and luscious with
honey. I really felt my honey-gum
around these friends around I looked
honey and brought for themselves as
well. I couldn't be happier, so now,
I felt integrated and deliciously healthy.

[illegible]

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return it to the school with the application.
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Facial center launches new product

STYBAN Luxe Facial Center and Spa is currently searching to fill an Australian Island known for high-quality hotel product, real time feedback, and industry.

Exclusively distributed by Urban Life Pacific Center and Aps, the bulk Chemicalized for the present industry-wide avoidance from Australia with high-strength sulfur impregnated feet being unparalleled in both treatment and durability. Use of these products requires professional diagnosis by technicians, Carborundum which is a standard in other Life, Inc., profit before sold to the construction and analysis, after which the technicians also recommend the suitable treatment based on your site type and specific requirements, ensuring that each treatment agent is used in what you really need.

The product line is divided into categories—cleansers and exfoliation products which include the Foaming Cleanser by Professional Skin and cleansers for normal skin, and the ones which exfoliate the skin using botanical plant extracts, the pomegranate and coconut products such as the Chameli-C-Serum which contained 4% of C6, a non-irritant, anti-oxidant, liquid, the Grape-C-Serum (6 percent to be used in the morning) and has higher percentage of C6 in C6.

to the Multi-Flavor Smoothie Challenge series which contains flavors A, B, and F which is good for you, and the Diet-Flavor A,B, which also has Vitamin F and is low in calories and contains no additives, and the Protein Cream, Olive Oil, and Spicy Softy. All of the smoothies are available as retail products.

[illegible]

Other Lanes is located at 10000 Old Orchard Road, Suite 100, Richmond, BC V6X 3E9. Tel: 604-273-8888. Fax: 604-273-8889. Website: www.otherlanes.com



BALIST AQUINO-CRUZ (first row, center) with St. Scholasticus' College High School Batch '86. Front row (l-r): Dina, Doreen, Jessica Bito, Crisleyde Lazo, Elaine Baling, Tina Pura, AC Legarda, Sharon de la Peña, Pamela Domingo, Patricia Balpinidra, Becky Filipinos, Rosarion Myla Maru, Rita Barrios, Janna Garcia, Winnie Saura, Cass Raymond, Janna Baldo, Annette Go, Carol Comarquis, Myla Castillo, Myla Tost, Christ Ramos, Anna Liza and Teri Jean



CRUZ, who attended the launch as the Aquino family's representative, says her story led the life of a true Scholastican—through working and praying.

Scholasticans keep Cory legacy alive

Batch '86 unveils college watch

By Annalee S. Tapas

SINCE 1993 death last year, former President Corason C. Aquino has been honored in many creative ways—fashion, books, visual art, even accessories—proving the Filipinos' deep love for one of the country's symbols of democracy.

Doing their part in keeping the Cory legacy alive is St. Scholasticus' College (SSC) High School Batch '86. The batch launched the St. Scholasticus' College Watch by launch.

At Sept. 10's event, serving as a reminder of Batch '86 alumni, the watch was unveiled at Greenbelt 5, Makati. Representing the Aquino family was Balist Aquino-Cruz.

The designer's design incorporates the words "You & Laurus," which means "prayer and work," values instilled in every Scholastican.

"It's also what my mom learned at St. Scholasticus, working and praying—something she did her whole life," Cruz said. "It's also what I personally live by."

The sister of the Aquino siblings even shared her favorite story about her mom and CSC: "She was just supposed to be the [grade school] tabuladista, but this was during the time, and the tabuladista's family had to evacuate. So, in ending would have it, she became the tabuladista."

The supposed tabuladista, Crisleyde Cruz, will say in this day that Cory really inspired the batch.

The watch's unveiling is also part of Batch '86's Silver Jubilee anniversary celebration.

In true Scholastican spirit, SSC Batch '86 alumni will donate a portion of the watch's sales to the Corason C. Aquino Professional Fund, a program which financially supports the university's continuing studies. The professional chair is under the St. Scholasticus Research and Development Foundation.

"We take pride in being able to mold young ladies, in mind and heart, to become God-bearing leaders," said SSC Manila president Sr. Angelita Lertosa, CSC.

The St. Scholasticus' College Watch by Search is available at Search stores in SM Megamall, Ortigas, a Greenbelt 5 and Trinoma; Search Kiosk in SM Mall of Asia, SM City North Area, Greenbelt 6 Mall, Shangri-La Plaza, Robinsons Place Manila, and Jack & Jill Grand Mall, Pasay Mall and Ayala Center, Cebu, and also in the Wall Shops in Makati, New Center and Ayala Malls, Manila, Pangasinan.



ON THE ST. Scholasticus' College Watch by Search are the words "You & Laurus," which mean "work and pray."



BALIST Aquino-Cruz, Search Philippines President **Virginia Ramos** and **Sr. Scholasticus' College Manila President Sr. Angelita Lertosa**, CSC

U.P. SCHOOL OF ECONOMICS
Diliman, Quezon City

Batch 1985 Silver Jubilarians

ECONs pu Kami
(culit)!

09.25.10
Grand Alumni Homecoming 2010

The U.P. School of Economics and the UPSE Alumni Homecoming Organizing Committee are holding an UPSE Alumni in the 1985-1986 Silver Jubilee Alumni Homecoming event "ECONs pu Kami" on September 25, 2010 at the Students' Municipal Auditorium.

At the UPSE Library Building. Registration and cocktails are from 4-6 pm.

The Homecoming program, coffee, fellowship and dinner are from 6-8 pm. Tickets can be purchased at the gate for P10.00, which includes both the cocktail and buffet dinner.



SSC MANILA President Sr. Angelita Lertosa, CSC, and **Search Philippines president Virginia Ramos** formally launch the SSC College Watch. Proceeds from sale of the watches will go to the Corason C. Aquino Professional Chair of the St. Scholasticus Research and Development Foundation.

Does Shalani look heartbroken?

From page 31

who stars in "On the Borderline," "Increasing divorce statistics—sadly for the Queen of Fashion" as she second to Shalani—is her summer classified friend.

"I mean he does Chancel more," he said, after the heart-breaking incident his "Summerly Jackie O was also in a Chancel when JPK was gutted down in Dallas, her first Chancel with him."

High notes and sports hitting hard every day.

Britons are leaving

It's common why the Britons and some Filipino women are running from the Philippines. Since a new bond was "they all," we learned, they haven't been much activity in the country. It is said that the members could appear on the surface of the election.

Tricia's new love

One of Manila's most famous women, Tricia Padilla, is going into a new venture. As a hotel chef's loving wife, she and her friends will introduce Padilla into the nation.

There's that's a different look. With many

of the country's phenomena who refuse to say so, having gone into designing bags, jewelry, accessories, home decor and, of course, clothes, you'd think there's no lifestyle product left out there to make with.

Well, there has thought of one.

Bothed

Just when you thought peeling, drying, boots and other skin care and beauty procedures have become too much to be ready, we got word that a friend had a hot-dried peeling procedure in a new type salon for the conservative look.

The saloon has been able to make the most of the situation.

High-maintenance mistress

Talk is, a high-maintenance mistress, as in several hotels and around Manila is getting tired waiting to walk down the aisle with her love, so that she's now ready and her man, a good provider as well. Now, that's a talking point.

Tahanan holds mega sale

TAHANAN BOOKS offers sales of up to 50 percent on its entire catalog at Manila International Book Fair. Incredible discounts await you and all who drop by Tahanan's Book 2011 (Aisle H) during the nation's biggest book event of the year. The book fair runs until today, 10 a.m. - 8 p.m., at the SMX Convention Center, Mall of Asia.

Wanting a head for the eyes, Tahanan's new offerings lead off with "A, for Alpha," an Alphabet of Philippine Food" by Nelson Aguilera. A 300-page hardcover, it contains 100 pages of food, full color photographs of new food, recipes and food-related facts. Aguilera, who is based in Vancouver, Canada, is in town today to promote his book at 2:30 p.m.

And here's some picture book is the only child "My Nana." The story of a young boy's mother's memories—old

Tahanan books today at 4:30 p.m. For more information, call 771-7711 or visit us at 8137111, a mail from tahananbooks.com.



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We find ways

Your bipolar friend—the misunderstood

Mood swings?

He/she can't help it

Two of two conditions

By Chela V. Zambrano
Contributor

HIS MOTHER opened his bedroom door. He was banging by a rope from the ceiling. She wonder her son was into for breakfast.

When the Sings, Ed Rose, Juan Claudio Tan Gamboa, Corrie Flores (the lady with a daughter in both sides of her face in "The War") and Ben Miller have to confess:

"They all have the mental disorder called bipolar. So did the guy who killed himself jumping from the ceiling—stable."

All of us who call ourselves normal don't understand why a family member or a friend has severe mood swings, more extreme than the normal up and down we experience every day.

On certain occasions, like last year's joyous Christmas reunion where 25 of us cousins and kids were together while "Joy to the World" was playing on the LCD, we were suddenly hit as some kind of joy, joy, joy, happiness and even dominated the conversation, as everyone set down to assist the Maria Rita Rose. Everyone truly laughed or let jokes and we all knew it was really Joy to the World!

The next day, however, you don't want to be related to her. She is irritable, angry and her mouth starts bubbling words that could kill you. That night, she is depressed and seems into the family drama because she is crying herself to sleep. Tomorrow's laughing children today's evening wild line.

Hypocrisy

The calling hypochondria, up with unexplainable pain, loneliness, alone time, no one understanding him. But the night before, he older sister thought her brother was out of his mind, he did what gave him the freedom to open about to another world when he could be understood... a world he could only go through suicide, leaving that would understand him and bring him to his home—thereby. So who could understand him.

Opportunities, the woman with the courage of a bull, decided to throw out the blanket of hypocrisy that covered people with the mental depression called bipolar.

He was up there after would-managing those bad children who were brave enough to tell the world they had bipolar mood disorder and were not ashamed to say so.

They would tell the world, no matter if it seemed their current situation in now, they will tell the whole world to stop judging their friends and brothers and sisters into the

YOUNG-11



AKI KOSE and Corrie Flores

www.inquirer.com/feature

What is bipolar?

Bipolar disorder is a brain disorder. Chemical changes in the brain combine with biological, genetic and environmental factors to cause bipolar disorder. It is characterized by extreme mood swings that go from mania, or an abnormally high, to depression, or an abnormally low, to a normal state. It is a chronic condition that usually requires long-term treatment.

THE MANAGEMENT

It requires a long-term plan that includes medication and psychotherapy. A good support system helps with the medication and the kind of support system that is best for you depends on your needs.

Family support is strongly needed for understanding and coping with bipolar disorder.

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Sunday
LIFE STYLE

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'Sweet 16' bash for a Virgo princess

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Tessa!
Tessa Prieto-Holt

ing variation with my dad, Alon, in Shanghai's Xuan Wu Resort in East Riverside.

Security being 70, my siblings, family and friends, and I decided to give her a surprise lunch in a much closer Shanghai, the Wikland flagship. Family went to noon's Assumption (South HS 50) and her friends golf group, while Puck and I pulled in the afternoon.

Interpretation of a newilmade decision is tricky, so we mailed one filled with her phone from child.

hood: to marriage to graduate-hood, affable and quickly put together by Lord Montemayor (tel. 49-5500-4951). Friends and family all sent her personal birthday wishes and each donated a lifetime membership of a type they spent with her.

The ethics provided by the guards was an intriguing, especially the ones from her childhood.

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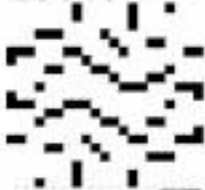
Abstract



1. The first step is to identify the problem.



Sunday Criticism

[illegible]

'Sweet 16' bash for a Virgo princess

the 1990s, the U.S. economy has been in a recession, and the demand for labor has been declining. This has led to a decrease in the number of people working in the U.S. economy, and a corresponding decrease in the number of people working in the U.S. economy.



Felice Sta. Maria's photo poster lures.

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the ability to make the right call at the right time. According to the author, the difference between a good manager and a great manager is the ability to make the right call at the right time. The author also states that a good manager is one who can make the right call at the right time.



models.

the 1990s, the U.S. economy has been in a state of "relative stagnation," says the report. "The U.S. economy has been unable to generate enough growth to create enough jobs to absorb the growing labor force." The report also notes that the U.S. economy has been unable to generate enough growth to create enough jobs to absorb the growing labor force.

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